

ERADICATING HELICOBACTER PYLORI

*What you need to know about Helicobacter Pylori and
other Digestive Infections and Disorders.*

FREE E-book Edition 1 - 2017

matula[™]
perfectly natural

Since 2006 Matula Tea, also known as Matula Herbal Formula, has been healing over 20 000 suffering people with a 98% success rate within 30 days.

- ❖ Matula Tea is a 100% natural product and may be taken safely with other medications. Scientifically proven anti-bacterial properties of Matula Tea eradicate all strains of Helicobacter Pylori bacterium which colonizes in your stomach and mouth. When left untreated the Helicobacter Pylori will create a hole in your stomach lining **causing gastritis, ulcers and in extreme cases Stomach Cancer.**
- ❖ Helicobacter Pylori Symptoms vary from severe **stomach ache, nausea, heartburn, sometimes vomiting to headaches.** This pain can leave you unable to function physically as it drains you physically, mentally and eventually emotionally, affecting your day to day life.
- ❖ Prolonged usage of Matula Tea has shown to be very beneficial to people who are suffering from **Candida overgrowth** in the intestines as well as **effectively relieving symptoms associated with acid reflux (GERD).**
- ❖ Matula Tea **regulates the production of your stomach acids** which promotes the healing of heartburn and reflux disease. Aiding in **rebuilding** your protective mucus lining of your stomach, promoting healing of damaged tissues.
- ❖ **Also successfully treated are various ailments associated with the Esophagus, Stomach and Duodenum. Further Matula Herbal Tea has been used to treat Ulcerative Colitis, Non-ulcerative Dyspepsia, Dysbiosis, IBS and has shown to reduce inflammation in respect of Diverticulitis.**
- ❖ The results of a Matula Herbal Tea treatment can vary from person to person, due to differences in the severity of the Helicobacter Pylori infection and the general wellbeing of each person.

INTRODUCTION

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LEGAL NOTICE AND DISCLAIMER

The information provided in this book has been extensively researched on the internet to provide helpful information on all the types of digestive issues, more specifically Helicobacter Pylori. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or digestive issues that may require medical attention/supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsements of any websites or other sources.

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HELICOBACTER PYLORI

CHAPTER 1

WHAT IS HELICOBACTER PYLORI?

Helicobacter pylori is a hardy spiral shaped bacterium which multiplies and colonizes in the digestive system. Given the makeup of this incredibly destructive bacteria, one will see how it's clever design enables it to survive in hydrochloric acid (the acid your stomach produces to break down food), and then to penetrate the lining of the stomach.

Helicobacter Pylori can survive gastric acids due to its ability to produce an enzyme called urease. Urease can neutralize stomach acid, making it easy for the bacteria to survive in its own acid free zone.

Helicobacter Pylori is the ONLY bacterial organism which can survive in the hydrochloric acid produced by your stomach.

Because of their corkscrew shape, the bacteria can easily penetrate the stomach's protective mucous lining. The 'antacid' effect of H. Pylori fools the stomach into producing more acid, which then makes the stomach lining more susceptible to damage through exposure to acid and pepsin. Too much acid and pepsin is even more damaging when the stomach lining has been penetrated and left unprotected by the effects of H. pylori colonization.

This is basically how stomach ulcers are formed.



H. PYLORI CROSSING MUCUS LAYER OF STOMACH

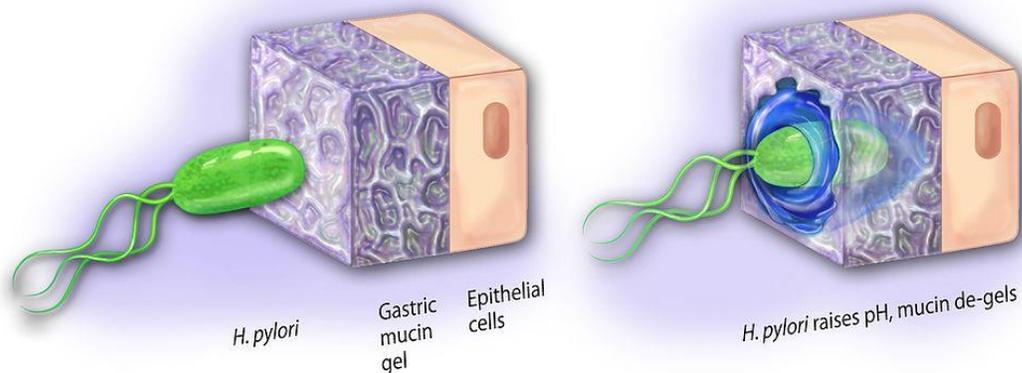


Illustration Credit: Zina Deretsky, National Science Foundation

THE DISCOVERY OF H. PYLORI

In 1982, two Australian scientists, Dr Barry Marshall and Dr Robin Warren discovered that stomach ulcers were actually caused by H. Pylori.

The New York Times published an article in 1984 by its medical correspondent Dr. Lawrence K. Altman on the link between H. Pylori and Peptic Ulcer disease. He stated in 2002, "I've never seen the medical community more defensive or more critical of a story", and he had been with the paper since 1969.

It took a total of 23 years for Dr Barry Marshall and Dr Robin Warren to convince the medical profession to acknowledge and embrace their breakthrough discovery, and they were eventually awarded the Nobel Prize in Physiology or Medicine in 2005 for their work on H. Pylori.

The story of Dr Barry Marshall and Dr Robin Warren started nearly 23 years before they won the Nobel Prize. After years of intensive research, their discovery which established the link between an infection of H. Pylori bacterium and stomach ulcers, was finally made way back in 1982. Supporting evidence of the link between the H. Pylori bacterium and stomach ulcers quickly strengthened over the next 10 years. Many studies from around the world also confirmed without any doubt that there was a presence of the H. Pylori bacterium in most people suffering from peptic ulcers.

The concept of stress and diet being the cause of peptic ulcers was so firmly entrenched in the medical professions mind set at the time, that they could not bring themselves to believe that a bacterium could possibly be the cause.

This newly discovered fact completely rocked common medical beliefs in those days. Nobody believed that H. Pylori could survive in the acidic environment of the stomach, because the stomach was supposed to be kept sterile by the natural presence of aggressive gastric juices (hydrochloric acid).

To disprove the belief that H. Pylori could not survive in the acidic environment of the stomach, Dr Barry Marshall performed an experiment on himself in July 1984 that for ethical reasons he could not ask any healthy person to do. He was first checked for bacterial infection and tested negative. He then swallowed a 3 day culture of H. Pylori. As he expected, seven days later he started feeling sick with headaches, nausea, episodes of vomiting and really bad breath.

Although he didn't develop an ulcer, he did suffer from gastritis (stomach inflammation). After ten days, tests showed that the H. Pylori bacterium had established itself in Dr Marshall's stomach. After 2 weeks, Dr Marshall began taking an antibiotic and he was back to normal within twenty-four hours. His bold experiment was a success as he had proved that a healthy person could easily be infected by H. Pylori.

By the 1990's discussions had shifted from the question of whether H. Pylori causes peptic ulcers, to questions on how it causes ulcers and how it can be eradicated. Thus, the theory of the unbelievers had been broken – they had argued that people with ulcers had weak immune systems, and that H. Pylori was only effectively infecting people with ulcers because of their weakened immune systems.

Today there is absolutely no doubt that H. Pylori is the cause of 80% – 90% of all stomach ulcers. There is still a lot of discussion on whether it can be the sole cause or if it needs a sidekick, like stress or spicy foods.

The bottom line regarding the correlation between of H. Pylori and ulcers is most clearly shown in the recurrence rates after treatment. The ulcer recurrence rate at 1 year is about 10% if H. Pylori is eradicated. And 50% – 60% if it is not eradicated.

TEN MOST COMMON SYMPTOMS OF HELICOBACTER PYLORI

1. **Heartburn or Acid Reflux (GERD)** - Whether these symptoms occur on a regular, or even infrequent basis, one may well be infected with H. pylori.
2. **Diarrhea, Constipation, Flatulence, Bloating** - Because H. pylori interferes with acid in the stomach, one can't digest food properly.
3. **Fatigue and Low Energy Levels** – H. pylori creates a non-stop stress on the body, making one feel tired. Added to the possibility that food is not being digested properly and the body is not receiving the correct nourishment to maintain its proper energy levels.
4. **Nausea & Vomiting** - Many people feel nauseous when with H. pylori infections. Sometimes this can be mistaken for pregnancy morning sickness. In some cases, vomiting does occur.
5. **Unplanned Weight and Muscle Loss** - Because H pylori affects acid levels – which affects the digestive process of fats and proteins especially – one may notice that you are losing weight. The problem is that this weight loss is due to muscle loss, which is a dangerous way to lose weight.
6. **Difficulty Losing Weight** - This is a surprising symptom opposite to the above. The reason for this is that a hormone called cortisol is produced when your body is stressed. Cortisol is known to cause either weight loss or weight gain, depending on the person. Cortisol can promote weight gain around the stomach area, and at the same time can also cause muscle loss.
7. **Hormonal Symptoms including Mood Swings & PMS** - These are usually caused by an over production of Cortisol caused by the stresses of the body trying to deal with infections.
8. **Depression and Anxiety** - A very important mood chemical (called serotonin) is largely made in a healthy digestive system. Any damage to the stomach by an H. pylori infection will lead to a shortage of this important chemical.
9. **Gum Disease, Bad Breath and other Oral infections** - Although the H pylori bacteria lives mostly in the stomach and small intestines, it has also been found in the mouth, and even in dental cavities.
10. **Blocked nose, painful sinuses, colds and infections** - Most people are unaware that the sinuses are joined to the digestive system, and that any irritation to the digestive system can cause sinus problems.

LESS COMMON SYMPTOMS

These may include tension headaches, clouded thinking, yeast infections, body chills, cramping, joint pain, painful lymph nodes and general body aches.

H. Pylori symptoms such as those mentioned above may seem quite broad and confusing, and some people can be completely overwhelmed by the number of symptoms that they are experiencing all at the same time.

***** It's important to insist on a blood test if you have never been treated for H. pylori before, or an H. Pylori Stool Antigen (HPSA) test if you have already been treated.*****

Hopefully the list on the previous page has helped you work out if you could be infected with H.pylori. If you are not quite certain, then please make sure by visiting a health professional.

INTERESTING FACTS ABOUT HELICOBACTER PYLORI

- Correct diagnosis is critical, and CORRECT re-testing after treatment (to make sure the treatment has worked) is even more important. Yet patients are literally throwing their money away by paying for the wrong tests which are still being widely used to test for the presence of H. pylori. Most doctors simply have very few options when it comes to treating for H. pylori infections. (The prescription will almost always be a Triple Therapy, or Quadruple Therapy.)
- The latest drugs being produced are designed to be even more powerful and effective against Helicobacter Pylori – but sadly the negative side effects are not getting any better (side effects cause most patients to abandon their treatment)
- Most Doctors spend more time treating the negative effects of Triple Therapy, than they do treating the original H. pylori infection.
- H. pylori is becoming increasingly resistant to the most common treatments.
- Patients who have been on 4 or more courses of Triple or Quadruple Therapy – find that they are still infected with H. pylori. The antibiotics used in Triple or Quadruple Therapies are the direct cause of another major problem, one that conventional medicine chooses not to even recognize... Candida Albicans overgrowth.
- Up to 65% of patients infected with H. pylori are simultaneously infected with Candida Albicans, and they don't even know about it! (Candida Overgrowth can be a dangerous infection if left untreated, and it caused by the intake of antibiotics – the most common treatment prescribed for H. pylori)
- Almost 75% of the world's population is infected with the Helicobacter Pylori bacterium. That means that right now over 4.6 billion people are infected worldwide.
- An estimated 816 million people alive right now WILL develop a stomach ulcer caused by an infection of H. pylori.
- Over 50% of gastric cancer patients are infected with H. pylori.
- Up to 90% of all stomach ulcers are caused by an infection of the Helicobacter pylori bacterium. Most people have never heard of H. pylori.
- 60% of people surveyed believe that ulcers are caused by stress, and nearly 20% believe that stomach ulcers are caused by spicy foods.
- Researchers have found H. pylori in the saliva of some infected people, and it has recently been proved that this infection can be spread by kissing. This recent discovery highlights the problem of re-infection of a patient who have been successfully treated, and also explains the problem of cross-infection amongst families who are not treated at the same time.

DIFFERENT TESTS FOR HELICOBACTER PYLORI INFECTION

Blood antibody tests

A blood test checks for the presence of H. pylori antibodies, not for the bacteria itself. The biggest disadvantage of this test is quite simply; “Blood Tests cannot differentiate between a past infection and the current status...”

Even after H. pylori bacteria have been eradicated, H. pylori antibodies may sometimes still be present in the blood for 12 – 18 months after a successful treatment. This means that you will test positive (for antibodies) when you are actually negative after receiving treatment. In view of this, Blood Testing is considered to be the most inconclusive test that can be used to determine if a treatment has been successful or not.

ON THE POSITIVE SIDE if you have NEVER been treated for H. pylori – A Blood test CAN be useful if you suspect you are infected with H. pylori, AND if you have never been treated for H. pylori before. It is safe to assume that if your Blood Test is positive, and you have never been treated before, then you are extremely likely to be currently infected. Obviously, this means that you will need to start seeking effective treatment.

Urea breath test

A urea breath test checks to see if you have H. pylori bacteria in your stomach. It involves using a radioactive carbon atom to detect H. pylori bacteria. The breath test is not always available and the results are often inconsistent. This is a very expensive test, and our research has shown that this is not the best H. pylori test to go for. The inconsistency of the breath test has been proved when running a breath test concurrently with a H. Pylori Stool Antigen test on the same patient.

Stomach biopsy test

A small sample (biopsy) is taken from the lining of your stomach and small intestine during an endoscopy. Several different tests may be done on the biopsy sample. Most of these tests produce inconsistent results, and depend on the testing facility or laboratory used. This has been proved when running these tests concurrently with a benchmark HPSA test on the same patient.

Stool antigen test

Also known as the HPSA test, this test provides the most conclusive evidence of the presence of H. pylori bacteria. The stool antigen test checks to see if substances that trigger the immune system to fight a H. pylori infection (H. pylori antigens) are present in your feces (stool).

Stool antigen testing may be done to help support a diagnosis of a current H. pylori infection or to determine whether treatment for a H. pylori infection has been successful. We recommend this test after you have been treated – ***it produces a very accurate result of your H. pylori status.***

DIFFERENT RESULT TIMES

- Results from the urea breath test or a stool antigen (HPSA) test are generally available within a few hours.
- Results from a blood antibody test are usually available within 24 hours.
- Results from biopsy samples obtained by endoscopy usually available within 48 hours.
- Results from a biopsy sample that is cultured can take up to 10 days.

FOODS TO AVOID AND FOODS TO CONSUME

If one suffers from stomach ulcer or gastritis, please avoid foods which may affect the stomach. Many foods can irritate the stomach by increasing stomach acid and therefore cause symptoms such as indigestion, stomach pain and heartburn.

THE FOLLOWING SHOULD BE AVOIDED OR LIMITED:

Liquids:

- ✕ Regular coffee and decaffeinated coffee
- ✕ Black tea, spearmint and peppermint tea
- ✕ Any drink containing alcohol (beer, wine, whisky, gin etc.)
- ✕ Orange and grapefruit juice
- ✕ Most fizzy drinks, including cola
- ✕ Hot cocoa, whole milk and chocolate milk

General foods:

- ✕ Fatty meats
- ✕ Highly seasoned, smoked and processed meats, such as bacon, salami, some sausages, ham and many popular meat cuts
- ✕ Rich dairy foods containing whole milk and cream
- ✕ Full cream chocolate
- ✕ Strong cheese, like matured cheddar and camembert or cheese containing black pepper
- ✕ Processed tomato products: tomato sauce, paste or juice.

Seasoning:

- ✕ Hot chillies and other peppers (black or red)- raw or in powder form
- ✕ Garlic and onion- raw or in powder form – should be limited.

WHAT TYPE OF FOOD SHOULD ONE CONSUME?

It is important to eat a variety of foods, such as vegetables, fruit, low fat dairy foods.

Eat only whole grains, such as whole – wheat and rye breads, pasta, and cereals. Eat brown rice instead of white rice. Eat nuts and beans and boiled or poached eggs. When eating meats, choose chicken or turkey. Eat fish regularly. Avoid unhealthy fats, use salt and sugar sparingly. Use olive, coconut and canola oil for frying and in your salads.

Further - EAT SMALL MEALS FREQUENTLY. It is easier for your stomach to handle and do eat your evening meal a couple of hours before you go to bed.

HOW CAN H. PYLORI BACTERIUM BE ERADICATED?

Unfortunately, the bacterium is not easy to eradicate. There is no single antibiotic that can do the job alone, so multiple antibiotics in conjunction with proton pump inhibitors (PPI's) such as Nexium and Prilosec, are being prescribed.

No matter what drug based treatment that has been prescribed – fact is that there will be a group of negative effects that the patient must contend with. Many people have such bad reactions that they are forced to stop their treatment prematurely.

One must look at natural remedies if one wants to avoid any negative effects. Natural products are toxin free and known to be very gentle on one's body.

WANT TO CLEAR H. PYLORI FOR GOOD - NATURALLY?

It is now possible to remove all traces of H. pylori from your digestive system with a single course of a clinically proven natural herbal solution – and that this can be done without any negative effect. We would like to introduce Matula Tea which is a 100% natural product and it may be taken safely with other medications. Clinically proven anti-bacterial properties are proven to eradicate all strains of Helicobacter Pylori.

Matula Tea has proven anti-bacterial, anti-fungal and anti-parasitic properties. Prolonged usage of Matula Tea has shown to be very beneficial to people who are suffering from Candida overgrowth in the intestines as well as effectively relieving symptoms associated with acid reflux (GERD).

- Regulates the production of stomach acids which promotes the healing of heartburn and reflux disease.
- Aids to rebuild the protective mucous lining of the stomach.
- Promotes the healing of damaged tissues.
- Non-Toxic – it is as safe as a normal cup of herbal tea.

Matula Tea is comprised of a specific ratio of flowers, leaves, stems from six different plant species, some male and some female. Each of these plants are picked at different times during the four seasons of the year. Some are picked when budding, some when flowering, and others after seeding. Some plants can only be picked in the early morning, while others are picked in the late afternoon.

The primary constituents of the formulation are a combination of finely ground dried flowers, stems and leaves, taken from the following species: **Oleaceae, Asteraceae, Alliaceae, Fabaceae and Myrtaceae**

***Matula DOES NOT CONTAIN any traces of wheat, caffeine, gluten, corn, soy, milk, egg sugar, colorants or preservatives.**

Laboratory tests have shown that Matula Herbal Tea is totally nontoxic to humans (and indeed also to horses, dogs and cats). Test clearly show that it is even less toxic than the well-known and highly acclaimed Rooi Bos/Red Bush tea (see test reports on website).